



Dr. Mike's 7 Step Weight Loss Plan



Strategies and Foods To Help You Live a Leaner, Longer, & Healthier Life

Step 6: Fruit & Fat Snack

Dr. Mike



Dr. Mike Roussell PhD, is a nutritional consultant and author known for transforming complex nutritional concepts into practical nutritional habits that his clients can use to ensure permanent weight loss and long lasting health.

Adding Quality Nutrient Dense Calories

If you have truthfully put the last 2 steps of your **7 Step Weight Loss Plan** into action then you are eating significantly less calories than you were at the beginning of the program. Now we are going to add some of those calories back to help curb your appetite so that you can keep your main meals reasonably portioned.

If you remember back to the first step of the program we used nuts as a snack because they contained the *feeling full trifecta* - Fiber, protein, and fat. We are going to accomplish the same thing with the fruit and fat snack.

Fruit

Fruit is portable, convenient, pre-portioned, and full of antioxidants as well as some fiber and low impact carbohydrates. Here is a list of fruits to choose from:

- Small apple
- Peach
- Pear
- Plum
- Tangerine/Clementine

- Grapes
- Strawberries
- Kiwi

Fat Containing Foods

The fat containing foods that you are going to be combining with your fruit are primarily nuts, cheese, and natural nut butters (peanut butter, almond, butter, etc). These foods are low in sugar and contain fat and protein for consistent energy and to curb hunger cravings.

Planned Snacking

Add one fruit and fat combination snack to your day. If you are having the nut snack in the morning then have a small apple and a piece of string cheese in the mid-afternoon.

Remember that planned snacking is good and will help your weight loss. It is the unplanned unregulated snacking that gets us into trouble.